

1997 index

Here's a reference for articles published in *Shape* in 1997. This index is in alphabetical order and arranged by subject for easy reference. Departments are indicated by an abbreviation in brackets. (See key below).

A limited stock of back issues is available for \$2.99 per issue plus postage and handling; contact *Shape* at (800) 340-8953. For more health and fitness information, check our website at www.shapemag.com. For information on items published in our "In Shape" department, please write "In Shape" Index, 21100 Erwin St., Woodland Hills, CA 91367.

Department Key

DIR = Do It Right;
OO = One on One.

Article Name Month Page

Beauty

Summer-Proof Your Body June 100

Beauty in Action (department)

Beauty 2000 Jan 30

Beyond Benzoyl Peroxide

(alternative treatments) April 38

Clean Getaway (travel tips) Nov 34

A Clean Routine (cleansing) Aug 34

Click Here for Cosmetics

(on-line services) May 36

Emotional Skin June 38

Face Savings (drug store bargains) July 32

The 5-Minute Face Sept 32

Get Decked (temporary tricks) Dec 42

Lip Service (lipcare products) Feb 38

Overnight Sensations (products) Oct 48

Scary Hair (problem hair) Mar 38

Escapes

Board to Oblivion (snowboarding) Dec 40

Flow State (Salish Lodge & Spa) Oct 40

The Llama Trek (Escalante Canyon) April 46

Mother and Child Reunion

(horseback riding) May 44

My Old Man and the Sea (sailing) June 58

Riding High (bike camp) July 44

Serious Fun

(Women's Quest camp) Mar 44

Yoga on the Rocks (rockclimbing) Nov 46

Exercise/Workouts

Abs

Amazing Abs Aug 78

Get Crunched Jan 94

The New Curl

(pelvic lift, tilt) (DIR) June 72

Torso Toners (OO) Mar 60

Upward Mobility (curl) (DIR) Dec 52

Arms

Curling Irons (biceps) (OO) April 88

Get Crunched (arms) Jan 94

Tri It Out (triceps) (OO) Feb 68

Two In One

(biceps and triceps) (DIR) May 72

Back

Back for the Future

(lower) (OO) July 62

Daring Trapezium (upper) (OO) Dec 60

A Healthy Cobra (DIR) Jan 44

Lat Blasters (OO) June 66

Chest

A Chest to Treasure (OO) Aug 52

Cycling

Spinning Your Wheels July 112

Glutes

Butt Busters (six moves) July 76

Need a Lift? (glutes) (DIR) Feb 63

The Rear View (glutes) (OO) May 84

Legs

Classic Revival

(rear leg lift) (DIR) Sept 70

The Ins and Outs (thighs) (OO) Sept 76

Leg Work (6 moves) Nov 72

Power Tool (band routine) June 94

Quad Action (thighs) (OO) Jan 49

Shin Guard (shins) (DIR) Aug 58

Thigh Shaper (OO) Nov 62

Thigh Soother (stretch) (DIR) Oct 54

Your Better Calf (calves) (OO) Nov 57

Movement/Stretching/Warm-up

Better Your Sweat (warm-ups) April 140

Bodies, Mind & Motion

(dance therapy) Dec 90

Breathe and Sculpt (E-Sculpt) Sept 122

Floorplay (warm-up routine) Feb 104

The New [Improved] Stretch May 130

Power Poses (8 moves) Oct 116

Shoulders and Upper Back

Loosen Up (stretch) (DIR) July 60

Smooth Soother (DIR) April 80

Shoulder Equalizer (DIR) Mar 58

Shoulder to Shoulder (OO) Oct 64

Two In One (DIR) May 72

Total Body

Fast Moves (2 in 1 moves) Oct 82

It's Your Move (all-in-one) Dec 74

Lean Routine (changing

body composition) July 86

New Definition

(Darden's 3 month plan) Mar 82

The One-Two Punch

(stepboxing routine) Mar 114

Plateau Blaster Feb 84

Phys Ed Flashback

(calisthenics) Sept 102

The Power of Pilates Nov 98

Sister Act (readers shape up) May 104

Your Best Body (trainer moves) April 110

You've Got the Power

(strength workout) Jan 72

Weight Training

Mind & Muscle (workout) Aug 106

Pump & Pirouette (training

with the SF Ballet) June 130

Fashion

Back to the Future (bodywear) Feb 118

Catching Air (snowboard fashion) Jan 102

On the Move (gym influenced) Sept 110

Palm Springs Weekend

(resort wear) Mar 122

Tan Lines (swimwear) May 122

TechTrek (urban hiking wear) Oct 104

Tennis Whites June 122

10 Pounds Thinner (fashion tips) Dec 80

Tri Chic (iron women fashion) Aug 114

Twilight Time (coverups) July 98

Fitness Frontline (department)

Are You Getting Enough?

(new exercise guidelines) Dec 54

Gut Reaction (abdominal fat) May 74

Rest Assured (fitness & sleep) Feb 66

Stress Factor (exercise and stress) Oct 56

From the Pubs (department)

The Best Gift on Earth

(Project Angel Food) Dec 14

Breast Test (mammogram debate) Oct 12

The Company Benefits (health care) Feb 12

A Fit Gift (award winner) May 12

The Gene Bias (insurance bill) June 12

HMOs Go Alternative July 12

No Butts About It (smoking) Mar 12

Power of the Press (award winner) Jan 10

The Race for Equality

(women and sports) April 10

Ready, Set, Fight (training plan) Aug 12

Save the Children (child labor) Sept 12

A Second Chance (wellness) Nov 10

Gear Update (department)

Cool Climbers (steppers) April 75

Fast Tracks (fitness music) Dec 50

Hitting the Road (bike gear) May 90

In the Swim (swimming) June 74

On a Roll (ab rollers) Feb 58

Outfitting for Us (women's) Sept 64

Health (department)

The Big Brushoff (dental care) May 49

Breast Defense

(breast cancer and estrogen) Oct 34

Derail Desk Distress

(repetitive stress injuries) July 48

Double Duty Drugs June 55

Hair to Spare (excessive hair) Dec 35

The Internal Flame (heartburn) Feb 48

Patient Heal Thyself (physiatry) Jan 33

Puzzling Pelvic Pain April 53

Risky Business (STDs update) Nov 40

Scheduled Therapy

(chronotherapy) Sept 50

Vision Quest (laser eye therapy) Mar 28

Inner Shape (department)

Divine Forgiveness (forgiveness) Aug 42

Go With the Flow (happiness) Jan 38

Heartbreak Hotel (lost love) Sept 56

Life's a Bitch (resilience) April 60

The Mourning Report (grief) July 38

Nurtured by Nature

(ecopsychology) Mar 32

Pet Prescription (pet ownership) Feb 50

Secrets & Lives (confessing) Dec 30

The Shaman's Cure (shamanism) Oct 30

Turn the Beat Around (rhythm) May 54

The 12-Step Habit

(recovery programs) Nov 30

Just Out (department)

Body Wave (belly dancing) Aug 164

Drivers Wanted (golfing) Jan 144

Monkey Business (tree climbing) Sept 176

1997 index

Moonlighting (snowshoeing)	Nov	156	(eating for high altitude)	Mar	48	Freezer Pleasers (pizzas)	Mar	54
Natural Combat (krav maga)	Feb	176	How Healthy is Your Diet? (quiz)	Sept	38	Inside Scoop (ice creams)	July	56
Next Go Around			Profiles			The New Cheese Sandwich		
(spinning spinoffs)	April	200	Baywatch Brawn (Gena Lee Nolin & Donna D'Errico's videos)	Dec	104	(cheeses)	Oct	42
One Mean Machine			Recipes			Well-Dressed (salad dressings)	Aug	48
(Elliptical Trainer)	Mar	168	April Fools' (surprisingly low-fat)	April	154	You Lucky Dog (hot dogs)	June	48
On Target (archery)	July	156	County Fare (fair inspired)	Aug	124	Sports & Adventure Travel		
Outta the Boat (indoor rowing)	Oct	156	Forever Greens (cooking greens)	Oct	126	An Ocean View (snorkeling)	Jan	112
Urban Retreats	Dec	156	Holiday Go Lightly (party planning)	Dec	110	Cheap Thrills		
Swimming with the Ball			Make Mine To Go (sandwiches)	Jan	108	(cheap winter getaways)	Feb	130
(water polo)	May	192	Mushroom Magic	Mar	130	Drivers Wanted (golf school)	April	158
Wake Up (wakeboarding)	June	176	Salads from the Grill	July	122	A Hike in the Clouds	July	82
Mind/Body Health			Simply Elegant			Nature's Jungle Gym		
The Agonies and Ecstasies			(3-ingredient dishes)	May	138	(bouldering)	Oct	122
(moods)	Feb	100	Skinny Dipping (low-fat dips)	June	138	Off the Beach (fitness vacations)	Mar	102
The Best Medicine (integrative)	Oct	110	Veggie Thanksgiving	Nov	118	Paddle Happy (paddling)	June	108
Break the Rules (courtship)	July	106	Visions Of Sugarplums (desserts)	Dec	120	Revenge of the Fat Boys		
Breathtaking (breathing technique)	July	118	Recipe Makeover (department)			(parabolic skiing)	Nov	114
Colds and Flus 101	Jan	88	Autumn Flavor (risotto)	Sept	44	Roughing It (autumn lodges)	Sept	138
Dieting on the Darkside (bulimia)	Mar	108	Brown and Tan			Summit Survival 101		
A Different Kind of Makeover			(peanut butter fudge pie)	May	66	(mountaineering)	May	150
(reader makeover)	Sept	90	The Day After			Water Walking		
Exercise Now (fitness trends)	Sept	60	(turkey/tortilla soup)	Nov	50	(hiking to water holes)	Aug	94
Gifts of Inspiration (gift ideas)	Dec	96	Guiltless Grilling (chicken)	Mar	52	Where the Wild Things Are		
Is it Safe? (health of health clubs)	April	118	A Hero's Reward (eggplant parmesan sandwich)	Jan	42	(Yellowstone animal studies)	Dec	116
Love in the Time of AIDS	June	116	A Lighter Side (scalloped potatoes)	Dec	49	Time Out (department)		
Love Notions (aphrodisiacs)	Feb	112	Lotsa Matzo (matzo ball soup)	April	66	After Hours (late night workouts)	Mar	72
140s and Fab! (body image)	Mar	100	Make It Easy			Great in the Sack (sack race)	April	94
Redefine Yourself '97/Fitness: How			(apricot-chicken rice salad)	Aug	46	Naked Exposure (men's vs. women's locker rooms)	May	68
Far Can It Take You? (quiz)	Jan	66	Party Pleaser (lemon pie)	July	54	Tour de Force		
Sex Survey (sex and body image)	Mar	141	Pipin' Hot (Halloween Stew)	Oct	46	(Race Across America team)	Aug	64
Sister Act (motivation program)	May	104	Summer Celebration			Weight Loss Q&A (department)		
Survey Says (about readers)	Sept	118	(black bean confetti salad)	June	46	5-Day Miracle Diet, set point,		
Through the Eye of the Camera			Trifle Treat (chocolate/coffee trifle)	Feb	52	weight loss for health	Jan	56
(body image photo project)	Nov	106	Rut Buster (department)			Best oil for losing weight,		
What's in a Size? (clothes sizing)	Mar	96	A Boatload of Fun (rowing)	Aug	60	effects of laxative abuse	Feb	74
When the Mirror Lies			Dos and Don'ts			When to change workouts,		
(body dysmorphic disorder)	May	144	(training mistakes)	May	76	use of ipecac	Mar	74
When Your Job Fails You (stress)	April	148	Fitness Barriers (periodization)	Feb	64	Chromium picolinate, trampolines		
Winter Wake-Up Call			Getting Even			exercises, yogurt and body fat, calorie consumption,		
(weight maintenance)	Oct	88	(training your weaker side)	Mar	68	bloating, sagging skin	April	98
Your Cheatin' Genes (infidelity)	Feb	124	Holiday On Ice (ice skating)	Dec	58	Breast size and weight loss,		
You're in Love [But will it Last?]			The Power of the Sword			birth control pills and weight gain, strength training vs. cardio, fruit vs. fruit juice	May	94
(compatibility testing)	Oct	98	(fencing)	Sept	72	Liquid diets and weight gain, willpower	June	79
Nutrition/Diet			Where the Boys Were (women in hockey, boxing and wrestling)	April	82	Fiber powders for weight loss, best way to trim legs, fat converters	July	68
Issues			Winter on Foot (cold weather walking and running)	Jan	46	Calories in produce, OTC diet pills, walking with weights	Aug	70
Avoid the Holiday Seven			Yoga Power (yoga)	Oct	58	Firmer legs, cellulite, increasing fat intake, exercise guidelines, working out and depression, laxative use, raising rep, beating plateaus, flat stomach	Sept	100
(avoiding weight gain)	Nov	80	Shoes			Reduced fat vs. low fat, running with foot injury, anorexia, exercises to avoid increasing butt and thigh sizes, training on consecutive days	Oct	68
Mastering Weight Loss	June	86	Equal Footing (walking, running, hiking, water shoes)	April	124	Best rate to lose weight and importance of water	Nov	64
Protein Propaganda			Foot Notes (cross training, hiking, trail running shoes)	Nov	88			
(high-protein diets)	April	134	Shopping Smart (department)					
Revenge of the Calories			A Better PB & J					
(importance of calories)	Aug	86	(peanut butters & jellies)	Sept	46			
Meal Plans			Bread Spreads					
High Satiety (filling foods)	Sept	132	(mayonnaises and mustards)	April	68			
New Definition (Ellington Darden's 3 month plan)	Mar	82	Candy Land					
No Counting Allowed			(candy and chocolates)	Feb	54			
(don't count calories)	Jan	80	Crunchy Munchies (rice cakes)	April	60			
The Part-Time Vegetarian	May	116	Early Riser					
Team-Up Diet (losing weight with a partner)	Feb	92	(pancakes and waffles)	Nov	52			
Nutrition (department)								
Altitude Adjustment								

